

# ***The Course Materials***

*Yoga Club of Wenzao Ursuline University of Languages*

## **I. Basic Instruction of Yoga**

The spiritual sense of the word yoga first arises in Epic Sanskrit, in the second half of the 1st millennium BCE, and is associated with the philosophical system presented in the Yoga Sutras of Patanjali, with the chief aim of "uniting" the human spirit with the Divine. The term *kriyāyoga* has a technical meaning in the Yoga Sutras (2.1), designating the "practical" aspects of the philosophy, i.e. the "union with the supreme" due to performance of duties in everyday life.

## **II. The Common Types of Yoga**

In general, all yoga factions are derived from Hatha Yoga. At present, yoga is the main practice of posture, breathing and meditation. The most common yoga factions are divided into nine categories: Hatha Yoga, Iyengar Yoga, Astanga Yoga, Raja Yoga, and Bikram Yoga. , Flow Yoga, Restorative Yoga, Yin Yoga, and Power Yoga.

### III. Sun Salutation

#### The Breath

The breath is a very important part of this sequence. Movement from one pose to the next is always done in conjunction with either an inhalation or exhalation of the breath. You can control the pace of the sequence by altering the number of breaths in each pose, just make sure to always move to the next pose on the correct breath.

#### A. Begin in Mountain Pose



To begin, bring yourself to the front edge of your mat in mountain pose



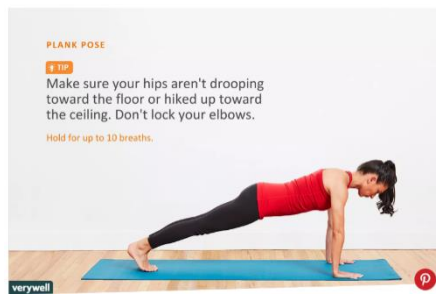
Bring the arms out to the sides and up to the ceiling to join your palms above your head in raised arms pose. Lift your gaze to your thumbs and slide your shoulders away from your ears.

#### B. Flat Back



Exhale. Release your arms to either side and forward bend over your legs. Inhale. Lift your head as you come to a flat back.

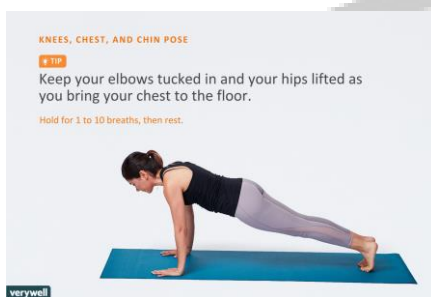
### C. Plank Pose



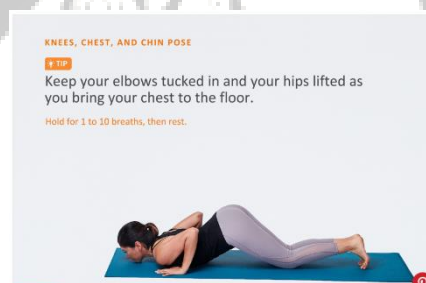
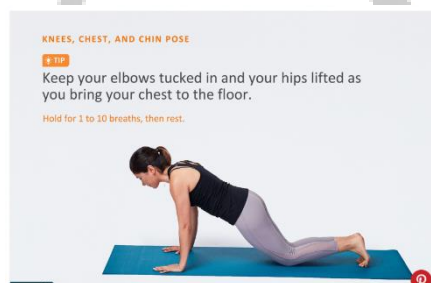
going for. Take an inhale here.

Exhale. Plant your palms and step or jump back to a plank position. In plank, make sure your shoulders are over your wrists and your butt is neither sticking up nor drooping down. A straight line from the crown of your head to your heels is what you are

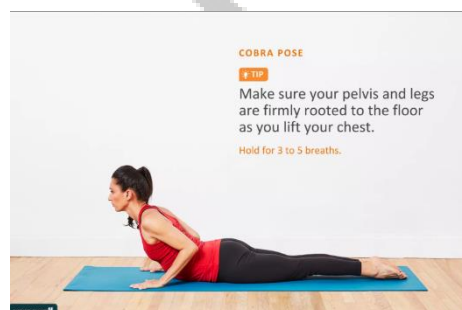
### D. Knees, Chest, and Chin



Exhale. Lower to your knees, chest, and chin. Lower your chest and chin down to the floor, landing your shoulders right over your hands. Keep your butt high and your elbows hugging your ribs.

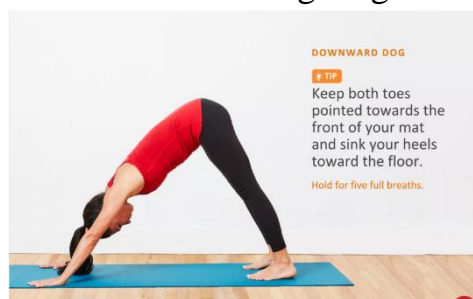


### E. Cobra or Upward Facing Dog



Inhale. Come forward to a low cobra. Anchor your pelvis and the tops of your feet to the floor but try not to press into your hands as you come up into the backbend.

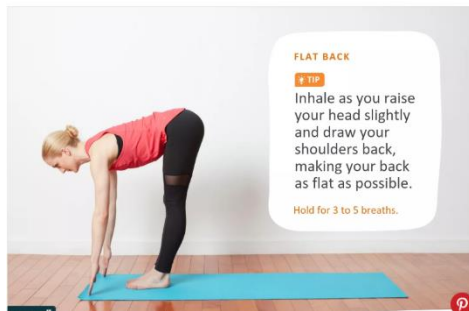
### F. Downward Facing Dog



Push back to downward facing dog. You can come through hands and knees on the way if necessary. Stay here a few breaths if you need to take a break. If you are going at a

brisk pace, just stay one breath.

### G. Step or Jump to a Forward Bend

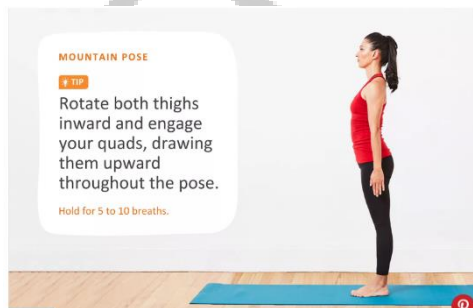


Exhale. Step the right foot next to the right hand and then bring the left foot to join it in standing forward bend (uttanasana). You may also choose to jump forward instead. To do this, bend the knees on an exhalation and jump your feet

to meet your hands. Try to land with your toes in line with your fingertips.

Inhale up to a flat back and then exhale back to uttanasana.

### H. Finish the Sun Salutation



Inhale. Lift your arms out to the sides and up, reversing the swan dive to return to raised arms pose. Exhale. Come to stand in mountain pose with your hands in a prayer position at the heart.

Resource:

- Wikipedia/Yoga :  
<https://zh.wikipedia.org/wiki/%E7%91%9C%E4%BC%BD>
- ververywell fit :  
<https://www.verywellfit.com/illustrated-stepbystep-sun-salutation-3567187>